This guide can launch you into your new life free of tobacco, but you need to create the plan and rally the support. No two smokers are alike, so the plan you create to quit-smoking will reflect your lifestyle. Quitting isn't easy, but more than 3 million people find a way to quit each year.

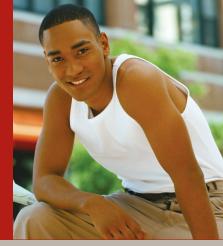
My Quit Plan

1. Try to set your quit date within the next 10 to 15 days. If you smoke mostly when relaxing or socializing, pick a weekday. If you smoke mostly at work, pick a day on a weekend or during a vacation. Once you pick the day, stick to it.

at work, pick a day on a weekend or during a vacation. Once you pick the day, stick to it. My Quit Date:	
My Reasons for Quitting:	
3. Change your routine to make smoking diff sary. For example, ride your bike, go to the r new recipe, visit the dentist for a cleaning, get My New Routines and Behaviors:	movies, walk the dog, try a
4. What sets off cravings? List as many as yo drinking alcohol or coffee or being around ot avoid these triggers and quell urges. My Strategies for Overcoming Cravings:	
5. Where can you find support and encourage members, friends and co-workers who are we your plans to quit with your doctor and other Call 1-877-YES for support and referrals to services	rilling to help you. Discuss healthcare providers. S-QUIT
My Support Network:	
6. Talk to your doctor about the right medical of withdrawal. For example, if you smoke steanicotine patch might be right for you. If you so r stress, the gum or spray might suit you be My Medication Plan:	adily throughout the day, the smoke in response to cravings
Committed to and Signed by:	
Your name	 Date



Chronic Disease Prevention Branch, Tobacco Prevention & Control Stock No. 4-196 5/05 Yes!
I'm
Ready
to
Quit.



Good for you!

The single most important thing you can do to protect your health is to stop smoking.

All it takes is a plan of action and a little help from people who care.



Chronic Disease Prevention Branch
Tobacco Prevention & Control



No two smokers are alike, and your plan to free yourself of cigarettes will reflect you—and only you. Take a look at "My Quit Plan" in this guide. By putting your commitment on paper, you take the driver's seat.

For those trying to quit tobacco, early withdrawal symptoms present the biggest hurdle. Nicotine is a powerful and extremely addictive drug. Make plans for handling withdrawal or you could easily slip into a relapse.

1. Consider medications to ease the symptoms of withdrawal.

Studies show that your chances for success are doubled with the use of these medications.

- Nicotine patch (available by prescription and over the counter)
- Nicotine gum (available over the counter)
- Nicotine inhaler (available by prescription)
- Nicotine lozenge (available over the counter)
- Nicotine nasal spray (available by prescription)
- Buproprion SR (available by prescription)

Remember, cravings fade in about 20 minutes whether you smoke or not, and the first two weeks are often the most difficult.

2. Seek out support and raise your odds of quitting for good.

- Successful quitters gain the support of family and friends and take advantage of counseling programs.
- Tell your friends and family about your quit plans.
- The American Cancer Society Quitline offers convenience and flexibility. Trained counselors call on your schedule to help you form a quit plan that's right for you.

Make a free call to the Quitline.

1-877-YES-QUIT
(1-877-937-7848)

3. Keep in mind that most people try to quit again and again before they are successful.

In fact, you have an advantage if you tried to quit before. You can use what you learned and apply it to your "new and improved" attempt. For starters, visit the American Cancer Society's® Web site at www.cancer.org

Since most relapses occur during the first three months, prepare yourself for the situations and temptations that lie ahead.

RECOGNIZE WITHDRAWAL AND PLAN WAYS TO COPE:

Irritability or anxiety

Cut down on caffeine. Take deep breaths. Go for a stroll.

Trouble sleeping

Take a warm bath. Drink herbal tea or warm milk. Read.

Trouble concentrating

Simplify your schedule for a few days. Make a "to do" list. Take a break.

Increased appetite

Drink more water, especially out of a sip bottle. Eat slowly. Snack on carrots, pickles, grapes or rice cakes.

Constipation

Eat more fresh fruit, vegetables and whole grains. Drink 6 to 8 glasses of water a day.

Sore throat

Sip ice water. Suck on sugarless hard candy or lozenges.

Fatigue

Take a nap. Go to bed early. Try not to push your-self for two to four weeks.

4. Remember to reward yourself for each day that you don't light up.

Give yourself a reward of some kind, like buying a



new CD, renting a movie or calling a close friend. This can help to remind yourself that what you're doing is important.